## WHAT IS CLAIMED IS:

- 1. An apparatus for insertion into the oral cavity, the apparatus comprising an upper member substantially conforming to a contour of an upper gum line, a lower member substantially conforming to a contour of a lower gum line, a first hinge member configured to provide a compressive force, and a second hinge member configured to provide a compressive force, wherein the first hinge member joins a first end of the upper member to a first end of the lower member, wherein the second hinge member joins a second end of the upper member to a second end of the lower member, wherein when the apparatus is inserted into a patient's mouth, the compressive force maintains the upper member substantially in contact with an upper gum and the lower member substantially in contact with a lower gum over a range of relative motion of the upper gum and lower gum.
- 2. An apparatus for insertion into the oral cavity, the apparatus comprising an upper member substantially conforming to a contour of an upper gum line, a lower member substantially conforming to a contour of a lower gum line, a first hinge member, and a second hinge member, wherein at least one hinge member is configured to provide a compressive force.
- 3. That apparatus of claim 2, wherein at least one of said members comprises a polymeric material.
- 4. The apparatus of claim 3, wherein the impermeable material encapsulates a gel or a liquid.
- 5. The apparatus of claim 2, wherein a member selected from the group consisting of the upper member, the lower member, the first hinge member, and the second hinge member comprises a sponge.
- 6. The apparatus of claim 5, wherein the sponge comprises a polymeric material selected from the group consisting of chloroprene rubber, neoprene, styrene butadiene rubber, acrylonitrile butadiene rubber, ethylene propylene diene methylene, polyvinylchloride, polyethylene, and combinations thereof.
  - 7. The apparatus of claim 5, wherein the sponge comprises a closed cell sponge.
  - 8. The apparatus of claim 5, wherein the sponge comprises an open cell sponge.
  - 9. The apparatus of claim 2, comprising a biocompatible material.

- 10. The apparatus of claim 2, comprising an impermeable material.
- 11. The apparatus of claim 3, wherein the polymeric material is pliable.
- 12. The apparatus of claim 11, wherein the polymeric material is selected from the group consisting of polyethylene, nylon, polyethylethylketone, polyethylene terephthalate, polyether block amide copolymer, polymethylmethacrylate, polytetrafluoroethylene, polyurethane, polyvinylchloride, polydimethylsiloxane, styrenic copolymer, and combinations thereof.
- 13. An apparatus for insertion into the oral cavity, the apparatus comprising an upper member substantially conforming to a contour of an upper gum line hinged to a lower member substantially conforming to a contour of a lower gum line so that rotation of said upper member towards said lower member about said hinge provides a compression force between said upper and lower member.
- 14. A method of delivering a medicament to an oral tissue, the method comprising the steps of:

providing an apparatus comprising an upper member substantially conforming to a contour of an upper gum, a lower member substantially conforming to a contour of a lower gum, a first hinge member, and a second hinge member, wherein the first hinge member joins a first end of the upper member to a first end of the lower member, wherein the second hinge member joins a second end of the upper member to a second end of the lower member, wherein the apparatus comprises a permeable outer wall enclosing a lumen, wherein the lumen is filled with a medicament or a medicament-containing substance;

inserting the apparatus into an oral cavity;

positioning the apparatus such that a compressive force is exerted by the first hinge member and the second hinge member such that the upper member is substantially maintained in contact with the upper gum and the lower member is substantially maintained in contact with the lower gum over a range of relative motion of the upper gum and lower gum; and

solubilizing the medicament in a saliva in fluid communication with the apparatus and the oral tissue, such that the medicament is delivered to the oral tissue.

- 15. The method of claim 14, wherein the medicament is a topical anesthetic.
- 16. The method of claim 14, wherein the medicament comprises a liquid.
- 17. A method of delivering a medicament to an oral tissue, the method comprising the steps of:

providing an apparatus comprising an upper member substantially conforming to a contour of an upper gum, a lower member substantially conforming to a contour of a lower gum, a first hinge member, and a second hinge member, wherein the first hinge member joins a first end of the upper member to a first end of the lower member, wherein the second hinge member joins a second end of the upper member to a second end of the lower member, wherein the apparatus comprises a medicament in a matrix which inhibits solubilization of the medicament;

inserting the apparatus into an oral cavity;

positioning the apparatus such that a compressive force is exerted by the first hinge member and the second hinge member such that the upper member is substantially maintained in contact with the upper gum and the lower member is substantially maintained in contact with the lower gum over a range of relative motion of the upper gum and lower gum; and

solubilizing the medicament in a saliva in fluid communication with the matrix and the oral tissue, such that the medicament is delivered to the oral tissue.

- 18. The method of claim 17, wherein the medicament comprises a topical anesthetic.
  - 19. The method of claim 17, wherein the matrix comprises a porous sponge.
- 20. The method of claim 17, wherein the matrix comprises a slow-dissolving solid.